



Braised Veal Shanks

READY IN



240 min.

SERVINGS



4

CALORIES



945 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 oz frangelico whole drained coarsely chopped canned
- 1.5 tablespoons olive oil
- 16 fl. oz. ground veal
- 1 turkish bay leaf fresh
- 1.5 cups wine dry red
- 0.8 teaspoon rosemary leaves fresh finely chopped
- 0.3 teaspoon pepper black
- 4 lb veal shanks with kitchen string (osso buco)
- 3 tablespoons butter unsalted

- 2 rib celery stalks cut into 1/4-inch dice (1 cup)
- 1 teaspoon orange zest fresh finely grated
- 0.3 cup flour all-purpose
- 1 garlic clove finely chopped
- 0.8 teaspoon thyme sprigs fresh finely chopped
- 2 medium carrots cut into 1/4-inch dice (1 cup)
- 2 medium onion cut into 1/4-inch dice (2 cups)
- 4 servings mushrooms wild
- 2 teaspoons parsley fresh chopped
- 1 teaspoon salt

Equipment

- sauce pan
- oven
- pot
- aluminum foil
- stove
- slotted spoon
- tongs

Directions

- Put oven rack in middle position and preheat to 350°F.
- Bring demiglace to a simmer in a 1-quart saucepan over moderate heat.
- Remove from heat and keep warm, partially covered.
- Pat shanks dry and sprinkle with salt and pepper. Dredge shanks in flour to coat, shaking off excess.
- Heat oil in a 5- to 6-quart wide heavy ovenproof pot over moderately high heat until just smoking, then brown shanks on all sides, about 10 minutes total, and transfer with tongs to a plate.

- Add butter to pot and heat until foam subsides, then sauté onions, carrots, celery, and garlic, stirring occasionally, until onions are softened, about 9 minutes.
- Add wine, scraping up any brown bits, then add warm demiglace, tomatoes, and bay leaf. Return shanks (with any juices accumulated on plate) to pot and bring liquid to a boil, then cover pot and braise shanks in oven until meat is very tender, about 2 1/2 hours.
- Carefully transfer shanks with a slotted spoon to a clean plate and keep warm, loosely covered with foil. Skim fat from sauce, then simmer, uncovered, on top of stove, stirring occasionally, until slightly thickened, about 15 minutes. Season sauce with salt and pepper and add shanks, then cook over low heat until heated through. (Discard strings and bay leaf before serving.)
- Stir together parsley, zest, rosemary, and thyme and sprinkle over osso buco just before serving.
- *Available at specialty foods shops and cooking.com.
- Osso buco (without gremolata) can be made 1 day ahead. Cool completely, uncovered, then chill, covered.
- *Available at specialty foods shops and cooking.com.

Nutrition Facts

PROTEIN 52.27% **FAT 39.78%** **CARBS 7.95%**

Properties

Glycemic Index:87.96, Glycemic Load:6.53, Inflammation Score:-10, Nutrition Score:48.666087254234%

Flavonoids

Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg

Nutrients (% of daily need)

Calories: 944.93kcal (47.25%), Fat: 37.79g (58.13%), Saturated Fat: 14.28g (89.23%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 14.8g (5.38%), Sugar: 3.84g (4.27%), Cholesterol: 459.76mg (153.25%), Sodium: 1084.73mg (47.16%), Alcohol: 9.45g (100%), Alcohol %: 1.23% (100%), Protein: 111.73g (223.45%), Vitamin B3: 43.59mg (217.93%), Zinc: 21.98mg (146.5%), Vitamin B6: 2.59mg (129.64%), Vitamin B12: 7.77µg (129.53%), Phosphorus: 1146.95mg (114.69%), Vitamin A: 5388.04IU (107.76%), Vitamin B2: 1.62mg (95.14%), Vitamin B5: 7.63mg (76.29%), Selenium: 48.69µg (69.55%), Potassium: 1998.84mg (57.11%), Vitamin B1: 0.56mg (37.58%), Magnesium: 136.07mg (34.02%), Folate: 115.13µg (28.78%), Iron: 5.15mg (28.61%), Copper: 0.52mg (26.16%), Manganese: 0.28mg (14.1%), Calcium: 140.08mg (14.01%), Vitamin E: 1.53mg (10.19%), Vitamin C: 7.5mg (9.09%), Vitamin K: 9.35µg (8.9%), Fiber: 2.18g (8.73%), Vitamin D: 0.16µg (1.06%)